

Avoiding a Dilute Urine

Urine samples are called **Abnormal** if the creatinine is less than 20mg/dl and **Dilute** if, in addition to the low creatinine, the specific gravity is <1.0030 and > 1.0010. Both abnormal and dilute screens are of significance. Urine dilution is of interest only because consuming large amounts of water in order to dilute urine with hopes of having negative urine is a common method to avoid detection. Dilution is also the method by which most of the OTC urine cleaners work.

Since dilute urines can be used to mask using, it is imperative to follow up on them. As a participant providing a urine sample, you can follow some simple guidelines to avoid providing dilute urine. These are:

- Avoid all diuretics—including caffeine—the day of the selection until AFTER the collection is done.
- Go to the collection site while the first morning urine is still in your bladder to use this as the specimen.
- If this is NOT possible then you should empty your bladder approximately 2 hours prior to your planned arrival at the collection site.
- During that time, you should NOT consume more than 24 oz. of fluid and the fluid you do consume should be a substantial fluid—milk, smoothie, tomato juice—and/or you eat a high protein meal or snack—egg, cheese, meat.
- If you need to void, do so. Do not try to hold it.
- A supplement containing creatinine will not help.
- For participant's own protection, make sure the collector documents all relevant events during the collection process.

By following these guidelines, you will help to avoid dilute and abnormal urines and ensure that the result of your test provides a valid indicator of your sobriety.